CLAIMS

The inventor hereby claims:

1. A reinforced cord well lifting bar assembly comprising

an exercise bar assembly; and

an elastic exercise cord assembly;

the exercise bar assembly comprising

an elongated body;

an opposing pair of transversely disposed cord tunnels, one end of each thereof comprising a first opening of size accommodating the disposition of a stretchable exercise cord therethrough, a portion of the tunnel comprising size accommodating the cord's impingement therein;

the elastic exercise cord assembly comprising a stretchable exercise cord disposed for impingement at an impingement site within a respective cord tunnel and comprising means of impingement for connection to the exercise bar's body;

whereby, to benefit certain muscles, an operator may undertake any one of a number of second mode exercises against the cord's elastic resistance.

2. The reinforced cord well lifting bar assembly according to Claim **1** comprising a bar separation assembly comprising a release button and snap-fit means of connection;

whereby upon depressing the button, it is cleared from an otherwise obstructing site, permitting opposing portions of the exercise bar's elongated body to separate from one another; and, upon rejoining the portions and releasing the button and causing it to co-engage a button opening, the snap-fit connection means returns the button to its obstructing disposition wherein unintended separation of the portions is prevented.

3. The reinforced cord well lifting bar assembly according to Claim **1** wherein the exercise bar's body comprises a pair of cord emplacement

slots disposed, respectively, for communicable access with each tunnel;
whereby the cord's emplacement within the bar for impingement in preparation for use in either first or second mode exercise is facilitated.

4. The reinforced cord well lifting bar assembly according to Claim **1** wherein the impingement means comprised by the stretchable elastic cord assembly comprises hollow cord configuration comprising a cord impingement plug disposed by rigid emplacement within it.

5. The reinforced cord well lifting bar assembly according to Claim **2** wherein the snap-fit means of connection comprises a grasshopper leg spring connected to the bar's elongated body and a separation spring seat.

6. The reinforced cord well lifting bar assembly according to Claim **2** wherein the snap-fit means of connection comprises a resilient integral finger upon which the release button is disposed.

7. The reinforced cord well lifting bar assembly according to Claim **2** wherein the bar separation assembly further comprises an orientation juncture track and groove;
whereby proper interconnection of the exercise bar's body is assured.

8. The reinforced cord well lifting bar assembly according to Claim **3** wherein the exercise bar's body further comprises a cord stretching recess;
wherein the mid-portion of the stretchable cord may be emplaced along the recess and the cord ends anchored in any manner;
whereby first mode exercise is facilitated.

9. The reinforced cord well lifting bar assembly according to Claim **3** wherein the tunnel end disposed opposite that comprising the first tunnel opening comprises a second tunnel opening of size accommodating the emplacement of a handgrip's connection block in turn comprising the exercise cord's impingement site;
whereby an operator may immediately shift from independent handgrip assembly

exercises to second mode exercise bar use against the same elastic resistance without disconnecting the exercise cord from the handgrips.

10. The reinforced cord well lifting bar assembly according to Claim **3** wherein each cord emplacement slot is disposed for communicable access with a respective exercise bar's tunnel from a side of the bar's body.

11. The reinforced cord well lifting bar assembly according to Claim **9** wherein the exercise bar's elongated body comprises continuously contoured projection;
whereby rotational positioning of a handgrip's connection block upon emplacement for second mode exercise is unimpeded.

12. The reinforced cord well lifting bar assembly according to Claim **9** wherein each cord tunnel comprises two or more shared cavity emplacement wells one of them a handgrip block emplacement well comprising size permitting the emplacement of a handgrip connection block, the other a cord impingement well comprising size permitting impingement of a stoppered cord end.

13. The reinforced cord well lifting bar assembly according to Claim **9** wherein the handgrip connection block within which the stretchable cord is impinged comprises that of a strapped handgrip configured from top to bottom with axial symmetry in turn comprising a cord emplacement slot;
whereby emplacement of the cord in preparation for use in either first or second mode exercise is further facilitated and unobstructed rotational positioning of a handgrip's connection block upon emplacement for second mode exercise is further assured.

14. The reinforced cord well lifting bar assembly according to Claim **12** wherein the cord impingement well comprises size smaller than that of the handgrip block emplacement well.

15. The reinforced cord well lifting bar assembly according to Claim **12** wherein the shared cavity emplacement wells comprised by each

cord tunnel is but two thereof in number which are concentrically disposed.

16. The reinforced cord well lifting bar assembly according to Claim **15** wherein the exercise bar assembly further comprises a pipe bowl terminus.

17. The reinforced cord well lifting bar assembly according to Claim **15** wherein the exercise bar assembly further comprises an inverted pipe bowl terminus..

18. The reinforced cord well lifting bar assembly according to Claim **16** wherein the configuration of each handgrip emplacement well is conical and a handgrip's connection block comprises a neck mated to it in configuration for use in second mode exercise.

19. The reinforced cord well lifting bar assembly according to Claim **16** wherein

both the accommodation of a connection block by one shared cavity emplacement well and the accommodation of the stretchable cord end by another shared cavity emplacement well is snug;

each handgrip's connection block comprises one or more impingement sectors; and each block emplacement well, a block retaining ledge and one or more block fitting sectors comprising one of:

one or more block impingement nodes; and

one or more flattened faces;

20. A reinforced cord well lifting bar assembly comprising

an exercise bar assembly; and

an elastic exercise cord assembly;

the exercise bar assembly comprising

an elongated body;

an opposing pair of transversely disposed underlying cord impingement nests, each comprising an opening of size accommodating the disposition of a stretchable exercise cord therethrough, the

nest comprising size accommodating the cord's impingement therein; and

a pair of cord emplacement channels is disposed, respectively, for communicable access with each nest;

the elastic exercise cord assembly comprising a stretchable exercise cord disposed for impingement at a cord impingement site within a respective impingement nest and comprising means of impingement for connection to the exercise bar's body;

whereby, to benefit certain muscles, an operator may undertake any one of a number of second mode exercises against the cord's elastic resistance.